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Here's Sarah Rayner's guide to support you as your body changes, Making Friends with the Menopause is written in consultation with Dr Patrick Fitzgerald.

Sarah rayner (author of one moment, one morning)

Dec 04, 2012 Sarah Rayner is the author of the Making Friends with the Menopause: A clear and comforting guide to support you as your body changes by

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Recently Sarah has published Making Friends with Anxiety: Making Friends with Anxiety: A calming colouring book and Making Friends with the Menopause,

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Author of One Moment, One Morning, The Two Week Wait and Another Night, Another Day plus Making Friends with Anxiety and Making Friends with the Menopause.

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